

Indicator RECOMMENDED	Current Heavy Use of Alcohol by Adults Aged 18 and Older
Justification	Heavy use of alcohol pertains to a pattern of regular use at levels that exceed U.S. Dietary Guidelines and are associated with heightened levels of all-cause mortality. Heavy drinkers are at increased risk for a variety of adverse health outcomes, including alcohol abuse and dependence.
Definition	Percent of women aged 18 and older reporting an average daily alcohol consumption greater than one drink per day Percent of men aged 18 and older reporting an average daily alcohol consumption greater than two drinks per day
Data Source	Behavioral Risk Factor Surveillance System (BRFSS), Centers for Disease Control and Prevention (CDC)
Frequency	Annual
Geographic Levels	National and State
Demographic Categories	Age, Gender, and Race/Ethnicity
Strengths	BRFSS provides prevalence estimates of adult use for every state. State-level estimates are typically based on larger samples than the National Survey on Drug Use and Health and may be further broken down by age, gender, and race/ethnicity.
Limitations	Average daily consumption does not capture variations in how the amounts of alcohol consumed are distributed over multiple days. BRFSS is a telephone survey subject to potential bias due to self-report, non-coverage (households without phones), and non-response (refusal/no answer). Estimates for subgroups may have relatively low precision (i.e., large confidence intervals).